

Liberty Call

ALL IN GOOD FUN



DISA-PAC fun run participants can run a two-mile or four-mile course. The run, sponsored by the command, is held the last Friday of every month.

DISA-PAC runs for fun

Navy, Army, Air Force and Marine personnel all work together at the Defense Information Systems Agency - Pacific (DISA-PAC) at Wheeler Army Air Field. And, on the last Friday of every month, they make time to exercise and socialize together as they participate in the command-sponsored fun run.

Keeping to a typical three times a week physical training schedule is difficult for service members who are assigned to DISA-PAC and work varying shifts. With that in mind, the fun run was developed several years ago to help members of the joint command with their physical fitness goals. Participation in the fun run is mandatory for all military personnel at the command.

According to ITC Anthony Wallace, the Navy senior enlisted advisor for DISA-PAC, "It gives us a chance to see who needs help before the six-month physical fitness test. You will be able to tell if a person is hurting during the run or maybe they stop and walk a lot."

YN1 Cyrus Best, the command's

career counselor and Navy liaison, described some of the fun run's objectives, "The idea is to help to keep everyone in shape prior to their semi-annual physical readiness test."

"It helps them to realize their weak areas so they will be more prepared for the test," he added.

In the absence of Chief Master Sgt. Christine Yeager, who is in charge of the fun run program, ITC Marvin Monroe led the March run. Monroe, the physical readiness test coordinator for the command, led run participants in stretching exercises and calisthenics to prepare for the fun run event. Then, promptly at 1:45 p.m., the run around Wheeler Army Airfield began. Runners can choose either the two-mile or four-mile course; however, there is no time limit to complete the course.

"This run is a challenge for the individual, to see if they can do it," Monroe said. "It's not about finishing first or last." He added that although the run is competitive, it's "all in good fun."

Not only does the run afford par-

ticipants an opportunity to prepare for the PRT, but has other advantages as well, according to Monroe. "In a joint command such as this, I feel that it builds camaraderie between the forces. It's just another one of those tools to pull us closer together," he explained.

Spouses and family members are also permitted to participate in the run or may opt to watch the run from the sidelines. "The run is really for our own command; however, we have had people in the past who come by on sports day and we would never turn them away because they are not part of our command," said Master Sgt. Robert Culbreth, the Army senior enlisted advisor for DISA-PAC.

Activities and recreation day, more commonly known as sports day, is also held for command personnel the second Wednesday of every month. During the two-hour recreational time, activities such as volleyball, bowling and jazzercise are held at facilities throughout the installation.



Above: ITC Marvin Monroe gets everyone in stretching position to warm up for the fun run.

Right: Lt. Cournal Kenneth Kiburis' wife Sarah and daughter Julia stand by to cheer for runners.



Above: ITC Marvin Monroe finishes his two-mile run.

Left: Runners do some extensive stretching exercises in preparation for the run.

STORY AND PHOTOS BY J03 SUNDAY SAWYER